



Palo Duro

Senior Center

5221 Palo Duro NE
Albuquerque, NM 87110
505-888-8102
Fax: 505-888-8107

Hours of Operation

Mon-Fri 8:00–5:00
Wed 8:00–7:00
Sat 9:00–1:00

Desert Willow

Gift Shop

Mon–Fri 9:00–2:00
505-888-8105

Open Computer Lab

Mon, Tue, Fri 1:00–3:00
No Thursdays till April 20

Free Wi-Fi every day!

COAFreeWireless

Senior Information

www.cabq.gov/seniors
505-764-6400

RSVP Office

505-767-5225

Looking for the gym?
It's next to McKinley
Community Center by
the Middle School on
Monroe at Comanche.



Palo Duro

Fitness Center

3351 Monroe NE
Albuquerque, NM 87110
505-880-2800

Hours of Operation

Mon–Fri 7:00–7:00
Sat 8:00–2:00

APACHE PLUME

The Monthly Newsletter of Palo Duro Senior Center

January 2017

Let's Have a Tea Party!

Thursday, January 12

10:00–11:00a - Free

In celebration of
National Tea Month,
we'll be serving tea
and refreshments.



Wear your favorite
hat and bring a favorite tea cup.

Trip Registration begins 9:00am
on Wednesday, January 4.

See page 4 for a quick list.

Tax Preparation Assistance

Starting on January 4, make an
appointment for a Thursday in
February, March or April
(closed on March 16)

Changes at Palo Duro

- No **Aquatics** Monday January 2 or 16
- **Food Pantry** moved to the last Thursday of the month.
- **Movies at PDSC** are now on the 1st and 3rd Thursdays beginning this month. See page 3 for details.
- No **Special Luncheon** in January. Date will change to 2nd Thursdays beginning with our February 9, Queen of Hearts Valentine Luncheon.

New Years

Monday, January 2

MLK Jr Day

Monday, January 16



Safer New Mexico Now

www.safernm.org

Presents a two-part event on
Thursday, January 26

New Mexico Older Driver Safety Program

10:00a–noon

Note: this is not the same as the
AARP Defensive Driving Class



1:00–3:00p

Trained technicians will be on hand
to conduct a safety check with you in
your vehicle. Reservation required.
Please call or sign up at Front Desk.

More details at www.car-fit.org

50+ Silver Horizons Food Pantry (FREE!)

Thursday
January 26
February 23
March 30

3:00–4:30p



Entry order will be by raffle ticket.
Tickets will be handed out at 2:45pm
for the drawing at 3:00pm.

Bring your own bags if you like.
Choose from a variety of meats,
fruits and vegetables, bread, dairy



*City of
Albuquerque*

**Richard J.
Berry**
Mayor



Department of Senior Affairs

**Jorja
Armijo-Brasher**
Director

Rhonda Methvin
Recreation Division
Manager



Palo Duro Senior Center

Natasha Montoya
Center Manager

vacant
Program Coordinator

Joe Zivny
Office Assistant

Dave Ellis
Program Assistant

vacant
Program Assistant

Manuel Ibuado
General Services

Ted Casey
Cook

Wanda Valdez
Assistant Cook

Advertise your Palo Duro group activities or feature an outstanding member with an article in the Apache Plume (with manager approval and space availability.)

Visiting Artist Program

Tuesdays 1:00–3:00p

Suitable for beginners and those with art experience, sessions are *free and open to all Senior Center members.*

Date	Program	Artist
3	To be announced	
10	3-D Collage	Sue Copus
17	Watercolor with Flowers	Fran Krukar
24	Pastels I	Susan Daugherty
31	Pastels II	Susan Daugherty

Reminder: In bad weather, if the Albuquerque Public Schools close, our program is cancelled. If school is delayed, call the Center for information. Sometimes the artists are unable to come due to weather.

Adapted Aquatics

**Monthly program
at UNM Pool**

Register on the 15th
at PD Fitness Center
3351 Monroe NE
or call 505-880-2800

M, W, F 8:30–10:45a
M & F 12:30–2:45p

OPEN COMPUTER LAB

Monday, Tuesday & Friday 1:00–3:00p

No Thursdays during tax season



Windows 10 PCs
Scanner is available
Printing per page:
B&W: \$0.15
Color: \$0.20

Bring a USB Flash Drive to save your work.

Thank you to our Sponsors:

Bingo

Tuesdays 1:15–4:00p

- 3** - Stellar Senior Housing
- 10** - Lovelace
- 17** - Walgreens
- 24** - Legal Shield
- 31** - Genesis



Friendship Coffee

Wednesdays 9:15–10:15a

- 4** - Sun tours
- 11** - Presbyterian
- 18** - Sunshine Dental
- 25** - Blue Cross/Blue Shield



MYSTERY BOOK CLUB

2nd Tuesdays
1:30–2:30p

The books we read are available at the public library. Everyone is welcome. Please join us!

January 10

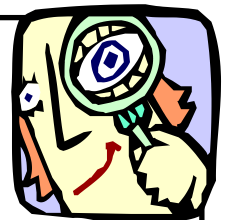
Peter Pan Must Die

by John Verdon

February 14

The Long Fall

by Walter Mosley



ABQ Travel Partners presents

100+ Travel Tips

by Marsha Thole

Tuesday, January 10

1:00–3:00p



Reserve your seat by calling 505-888-8102 or sign up at the Front Desk.

Traveling as we get older can be a hassle, but there are ways to make it easier right from the start—from making the decision to go, to when you return. Today’s presenter, Marsha Thole, is a seasoned traveler with over 29 international trips and numerous domestic trips checked off on her “bucket list.” She has compiled her own list of more than 100 tips for all types of travel, many of which you won’t find in guide books. Bring paper and pen for notes.

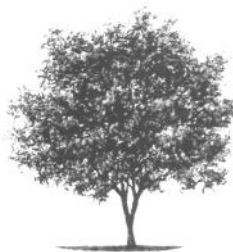
The ABQ Travel Partners group meets at Palo Duro Senior Center on the 2nd and 4th Tuesdays each month from 1:00-3:00p.

News from Elenor Key at the Desert Willow Gift Shop

2016 was a great year, and we anticipate an even better 2017!

Thank you to all the artisans who continually bring in their unique items. Thank you to all our Gift Shop Volunteers who work so hard all year around to make this a pleasant place to shop. And a big “THANK YOU” to Jeana Horwitz who worked many extra shifts to help out during the holiday season.

Whether you’re out shopping or just want to drop in and visit, we’d love to see you! The shop is open weekdays between 9:00am and 2:00pm.



Acting Workshop

Session I: February 1- March 8

Session II: March 22 – April 26

Wednesdays, 9:00–10:00a

\$5.00 per class or \$30.00 per session

Please sign up at the Front Desk.

The Sandia Performing Arts Company is offering lessons in beginning acting, no experience is necessary. Come and have fun with us in a friendly and supportive environment. Learn the basics of theatre acting, developing a character, understanding a scene, projections and much, much more!

Movies at PDSC

Please note: Beginning this month, our movies will be shown on the 1st and 3rd Thursdays.



Eight Below

(2006) PG - 2 Hours

Thursday, January 5

1:30–4:00p

A thrilling tale of incredible friendship between eight amazing sled dogs and their guide. Inspired by a true story.

Tomorrow Never Dies

Pierce Brosnan as James Bond, 007

(1997) PG-13 - 2 hours

Thursday, January 19 1:30–4:00p

Free refreshments at intermission for each movie.



Our Apache Plume Newsletter is online!

Visit <http://www.cabq.gov/seniors>

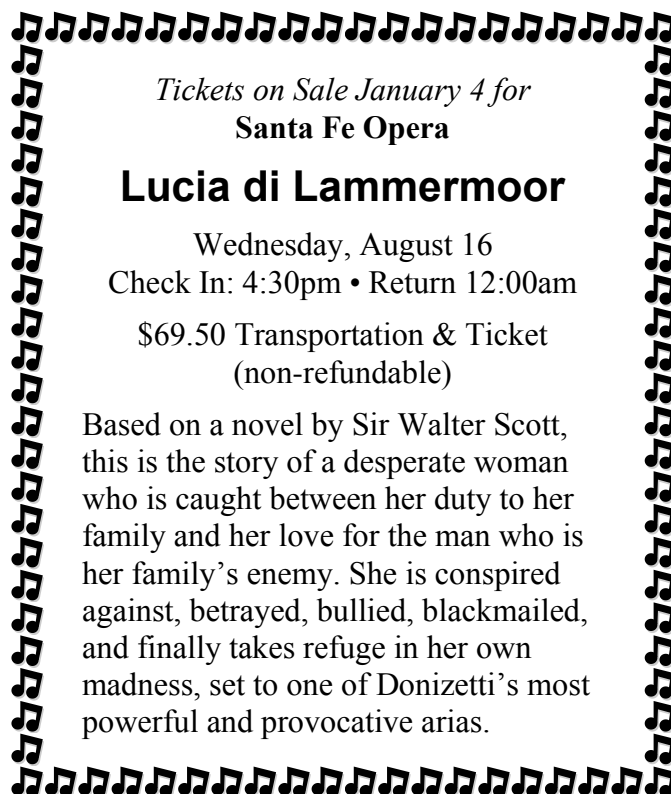
Tickets for Popejoy Hall Performances

Free tickets for select performances are offered by a drawing. Stop by the front desk to complete a lottery ticket with your Name, Phone Number and request for one or two show tickets.

Please note: one lottery ticket per person. Winners will be called to pick up tickets at Palo Duro Senior Center. Please return the attached survey to the front desk at Palo Duro Senior Center after the show.

Last day to enter is Tuesday, January 24 for these shows in February:

Saturday 2/4	2:00p	The Peking Acrobats
Saturday 2/11	8:00p	Australian Bee Gees Show
Sunday 2/19	3:00p	Glenn Miller Orchestra



Tickets on Sale January 4 for
Santa Fe Opera

Lucia di Lammermoor

Wednesday, August 16
 Check In: 4:30pm • Return 12:00am

\$69.50 Transportation & Ticket
 (non-refundable)

Based on a novel by Sir Walter Scott, this is the story of a desperate woman who is caught between her duty to her family and her love for the man who is her family's enemy. She is conspired against, betrayed, bullied, blackmailed, and finally takes refuge in her own madness, set to one of Donizetti's most powerful and provocative arias.

Trips in January, February and March

Signup begins Wednesday, January 4 at 9:00a. Numbers will be handed out to expedite registration.

Ride and Roam with Ron—Mystery Trip

Friday, January 6 Check-in: 8:00–8:15a
 Transportation: \$6.50 + mileage Return: 4:00p

A Fare to Remember:

Los Chavez Cafe - Belen

Wednesday, January 11 Check-in: 9:45–10:00a
 Transportation: \$5.50 Return: 4:00p

NM State Legislature Senior Day - Santa Fe

Tuesday, January 24 Check-in: 8:00–8:15a
 Transportation: **FREE** Return: 4:00p

Z Coil Tour and Lunch - Albuquerque

Tuesday, January 31 Check-in: 8:45–9:00a
 Transportation: \$2.00 Return: 2:30p

Chocolate Lovers Odyssey - Santa Fe

CG Higgins and Kakawa Chocolate House
 Thursday, February 2 Check-in: 8:15–8:30a
 Transportation: \$7.50 Return: 4:00p

A Fare to Remember:

Rowley Farmhouse Ales - Santa Fe

Thursday, February 16 Check-in: 9:45–10:00a
 Transportation: \$7.00 Return: 4:00p

Ride and Roam with Ron—Mystery Trip

Tuesday, February 21 Check-in: 8:00–8:15a
 Transportation: \$6.50 + mileage Return: 4:00p

Rattlesnake Museum - Albuquerque

Friday, February 24 Check-in: 9:15–9:30a
 Transportation: \$2.00; \$4.50 tour Return: 2:30p

Ride and Roam with Ron—Mystery Trip

Wednesday, March 1 Check-in: 8:00–8:15a
 Transportation: \$6.50 + mileage Return: 4:00p

A Fare to Remember:

Raven's Rock Cafe - Santa Fe

Tuesday, March 21 Check-in: 9:45–10:00a
 Transportation: \$6.50 Return: 4:00p

Museum of International Folk Art - Santa Fe

Wednesday, March 29 Check-in: 8:30–8:45a
 Transportation: \$7.50 Return: 4:00p

Picnic* at the Villanueva State Park and Church Tour

Friday, March 31 Check-in: 8:00–8:15a
 Transportation: \$13.00 Return: 4:30p

*** Bring your own sack lunch**

On-going Daily Activities Schedule

Monday		Monday	
8:15–9:15	Aerobics 50¢*	1:00–3:00	Palo Duro Palettes
8:30–11:00	Lapidary	1:00–3:00	Square Dancing
9:00–10:00	Yoga, Belts and Blocks \$3*	3:15–4:15	Nia Technique \$5 per class
9:00–11:00	Choralaires	3:15–4:15	Tai Chi Chih, Begin; start Jan 11, \$60
9:15–11:15	Blood Pressure Check	4:30–5:30	Tai Chi Chih, Cont; start Jan 11, \$60
9:30–10:30	Gentle Exercise 50¢*	5:15–6:15	Yoga, Belts and Blocks \$3*
11:00–1:00	Lujan Grisham Mobile Office: 4/17, 8/14, 12/18	Thursday	
11:00–3:00	Ceramics	8:00–9:00	Flex & Tone 50¢*
11:15–2:30	Philatelic Society	8:15–4:30	Rockhound Trip (2 nd & 4 th) \$ varies
11:30–1:00	Jug Band Practice	8:30–12:00	Deaf Seniors
11:45–1:00	T.O.P.S.	8:30–11:30	Lapidary
12:15–4:00	Duplicate Bridge	9:00–11:30	German, Intermediate
1:00–2:30	EFT / Tapping (2 nd) \$5 per session	8:00–1:00	Ceramics
1:00–3:00	French, Advanced \$5 materials fee	12:00–1:00	Rockhound Meeting (1 st & 3 rd)
1:00–3:00	Open Computer Lab	12:00–3:30	Mah Jongg (2 nd & 4 th)
1:30–3:15	Line Dancing, Advanced; start in Jan, May	12:30–4:00	Senior Men's Bridge (1 st only)
2:45–4:30	Retired Physicians	1:00–4:30	Metalcasting \$2 per casting
3:00–4:00	French Language Book Club	1:00–3:00	Discussion Group, Open Topic
3:15–4:30	Line Dancing, Beginning; start in Jan, May	1:30–3:30	Movies (1 st & 3 rd)
Tuesday		Friday	
8:00–9:00	Flex & Tone 50¢*	8:15–9:15	Aerobics 50¢*
8:00–12:30	Quilting (and more!)	8:30–12:30	Defensive Driving (1 st only) \$20, \$15 AARP
8:15–4:00	Hiking (every other) \$ varies	9:00–12:00	Accordion Group
8:30–11:30	Tuesday's Angels	9:00–11:30	Pottery; firing fee
8:30–11:30	Lapidary	9:30–10:30	Gentle Exercise 50¢*
10:00–12:30	Sewing & Alterations	9:30–10:30	Tai Chi, drop-in (no 1 st) \$5*
12:00–2:00	Leathercraft \$1/month; \$5 new student fee	9:30–11:30	Stained Glass
1:00–3:00	ABQ Travel Partners (2 nd & 4 th)	12:00–2:00	Get It Done
1:00–3:00	Open Computer Lab	12:15–4:00	Duplicate Bridge
1:00–3:00	Visiting Artists	1:00–3:00	Spanish, Beginning
1:15–4:00	Bingo \$3 minimum to play	1:00–3:30	Cribbage
1:30–2:30	Mystery Book Club (2 nd only)	1:00–3:00	Open Computer Lab
2:15–4:30	Rio Grande Players	2:15–4:30	Swedish Weaving \$10 materials fee
Wednesday		Saturday	
8:00–11:30	Pottery Lab; firing fee	9:00–3:00	Hiking \$ varies
8:15–9:15	Aerobics 50¢*	9:00–10:30	Line Dancing, Begin; start in Jan, May
9:00–10:00	Gentle Yoga	9:00–1:00	Quilting
9:15–10:15	Friendship Coffee	9:30–11:30	Table Tennis (till 10:30 on 1 st only)
9:30–10:30	Gentle Exercise 50¢*	10:00–11:30	ABQ Recorder Orchestra
10:00–12:00	Investment Club (BCIC) (3 rd only)	10:00–12:00	Accordion Group (3 rd only)
11:30–4:00	Metalsmithing/Jewelry Lab	10:00–12:00	Essential Tremors (3 rd only)
12:00–3:00	Busy Bees - Crochet & Knit	10:00–11:00	NARFE Board Meeting (1 st only)
12:00–5:00	Game Time: Scrabble, Mexican Train & ...	10:30–12:00	Line Dancing, Adv (no 1 st): start Jan, May
12:30–2:45	Bridge Group	11:00–12:30	Red Hat Society (1 st only)
		11:00–12:45	NARFE Chapter 80 Meeting (1 st only)

* indicates suggested money donation per session

Note: Days and Times are subject to change.

Presentations and Clinics

*Please reserve your seat by telephone or
stop by the front desk—Thank you!*

GEHM Clinic

Wed 1/4, 8:00a–noon - UNM Nursing Staff

EFT / Tapping (held on 2nd Mondays)

Mon 1/9, 1:00–2:30p - \$5 per session

Estate Planning

Thu 1/19, 10:00a - with Senior Citizen Law Office

NM Driver Older Driver Safety Program

Thu 1/26, 10:00a - with Safer New Mexico Now

CarFit - You & Your Vehicle Safety Program

Thu 1/26, 1:00–3:00p - reservation required

Legal Clinic (20 minute appointments)

Wed 2/1, 9:30a - with Senior Citizen Law Office

GEHM Clinic

Wed 2/8, 8:00a–noon - UNM Nursing Staff

Hearing Loss & Hearing Aids: Myths & Facts

Thu 2/9, 10:00a - with Connect Hearing

EFT / Tapping (held on 2nd Mondays)

Mon 2/13, 1:00–2:30p - \$5 per session

The Amazing & Fascinating Life of Cleopatra

Thu 2/16, 10:00a - with Carol Venturini

GEHM Clinic

Wed 3/1, 8:00a–noon - UNM Nursing Staff

Savvy Social Security

Wed 3/8, 9:00a - with Brad Yablonsky

EFT / Tapping (held on 2nd Mondays)

Mon 3/13, 1:00–2:30p - \$5 per session

Spanish Presidios in

the American Revolutionary War

Thu 3/23, 10:00a - with George Garcia

Michelle Lujan Grisham Mobile Office

Mon 4/17, 11:00a–1:00p

Centers and 2017 Cleaning Dates

Barelas Senior Center

714 Seventh St SW, 87102

505-764-6436

Closed for cleaning Jan 9–13 and Sep 18–22

Bear Canyon Senior Center

4645 Pitt NE, 87111

505-767-5959

Closed for cleaning Mar 27–31 and Sep 11–15

Highland Senior Center

131 Monroe NE, 87108

505-767-5210

Closed for cleaning Jan 23–27 and Jul 10–14

Los Volcanes Fitness Center

6500 Los Volcanes NW, 87121

505-767-5990

Closed for cleaning Feb 6–10 and Jul 24–28

Los Volcanes Senior Center

6500 Los Volcanes NW, 87121

505-767-5999

Closed for cleaning Jan 30–Feb 3 and Jul 17–21

Manzano Mesa Multigenerational Center

501 Elizabeth SE, 87123

505-275-8731

Closed for cleaning Feb 13–17 and Jul 31–Aug 4

N. Domingo Baca Multigenerational Center

7521 Carmel Ave NE, 87113

505-764-6475

Closed for cleaning Feb 27–Mar 3 and Aug 14–18

North Valley Senior Center

3825 Fourth St NW, 87107

505-761-4025

Closed for cleaning Mar 6–10 and Aug 7–11

Palo Duro Fitness Center

3351 Monroe NE, 87110

505-880-2800

Closed for cleaning Mar 20–24 and Aug 28–Sep 1

Palo Duro Senior Center

5221 Palo Duro NE, 87110

505-888-8102

Closed for cleaning Mar 13–17 and Aug 21–25

CASA Nutrition Tip

More Than an "Upset Stomach"

<http://www.fda.gov>

Foodborne Illness Is Serious Business

Foodborne diseases are far more serious than many people realize. The Federal government estimates that there are about 48 million cases of foodborne illness annually—the equivalent of sickening 1 in 6 Americans each year. And each year these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths.

- Salmonella, for example, causes millions of cases of foodborne illness annually and is the leading cause of foodborne deaths.
- E. coli O157:H7 is a bacterium that can produce a deadly toxin. Infections from E. coli O157:H7 are estimated to be between 20,000 and 40,000 cases per year.
- The Clostridium botulinum bacterium produces a deadly toxin that causes botulism, a disease characterized by muscle paralysis.
- Illnesses caused by Campylobacter, noroviruses, Shigella, and other organisms can create severe health problems, particularly for children, the elderly, and people with chronic illness or suppressed immune systems.

You may be surprised to learn that food can make you very sick even when it doesn't look, smell, or taste spoiled. That's because foodborne illnesses are caused by pathogenic bacteria, which are different from the spoilage bacteria that make foods "go bad."

Many pathogenic organisms are present in raw or undercooked meat, poultry, seafood, milk, and eggs; unclean water; and even on fruits and vegetables. Keeping these foods properly chilled will slow the growth of bacteria; following the other recommended food handling practices (clean your hands, surfaces and produce, separate raw foods from ready-to-eat foods, and cook to safe temperatures) will further reduce your risk of getting sick.



Registration is open now

For more information, please call 505-880-2800.

Deadline to register is one week prior to event date.

- **Air Gun Workshop**
Saturday, January 14
- **Table Tennis Competition**
Saturday, January 21
- **Shuffleboard Competition**
Friday, January 27
- **Air Gun Competition**
Saturday, January 28
- **Eight Ball Competition**
Wednesday, February 8
- **Dance Competition**
Thursday, February 16
- **Basketball Free Throw & Three Point Contest**
Saturday, February 18
- **Huachas Competition**
Saturday, February 18
- **Swimming Competition**
Saturday, February 25



8 Ball Competition

@ Palo Duro Senior Center
Wednesday, 2/8 5:00p

Registration deadline is February 1st
\$12 Entry fee with DSA Center membership
Event qualifies athletes for NM Senior Olympics

Sign-up at Palo Duro Sports & Fitness Center
3351 Monroe Dr. NE 505-880-2800

Chronic Disease Workshops

Register for **MyCD** by calling 880-2800.

Each series meets on **Thursdays**, 1:00-3:30

- January 19 through February 23 (CDSMP)
Chronic Disease Self-Management Program
- March 9 through April 13 (DSMP)
Diabetes Self-Management Program
- May 4 through June 8 (CDSMP)
Chronic Disease Self-Management Program

The Mesquite Diner

Menu items subject to change. Please arrive before 12:30.

Daily Hot Lunch \$3.25, **Reservations Required**

Call before 12:30pm by previous weekday: **888-8102**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed New Year's Holiday	3 Salisbury Steak	4 Chicken Parmesan	5 Zucchini Enchiladas	6 Pork Chop
9 Soft Beef Tacos	10 Seafood Chowder	11 Caribbean Jerk Chicken	12 Pulled Pork Sandwich	13 Fettucine Alfredo
16 Closed MLK Jr Holiday	17 Denver Omelet	18 Baked Ziti	19 Herb Roasted Chicken	20 Cheese Steak Sandwich
23 Frito Pie	24 Pollock	25 Sweet & Sour Chicken	26 Corn Chowder	27 Turkey Corndog
30 Sloppy Joe	31 Green Chile Chicken Enchiladas	February 1 Jambalaya	2 Zucchini Herb Rice Casserole	3 Roast Beef

Ice Cream Social

75¢ Sundaes
4th Wednesdays
January 25
11:30–12:30



Popcorn

25¢ Bag
Tuesday thru
Thursday
We're popping 10:30–1:30



50+ Silver Horizons Food Pantry (FREE!)

On the following Thursdays:
January 26, February 23, March 30
3:00–4:30p



Other options without a reservation — Monday thru Friday

Breakfast 8:00–9:00

Regular Combination.....\$1.50.....Mini..... \$0.75
egg, bacon or sausage, potatoes, toast or tortilla

Burrito (meatless available)..... \$1.50
eggs, bacon or sausage, potatoes, cheese, chile

English Muffin Sandwich or Friday Waffle.. \$1.00

Oatmeal with Milk, raisins optional..... \$0.70

French Toast or Pancake or..... \$0.25

Side of Chile (Red and Green, every morning)

Lunch 11:30–1:00

Salad.....Large....\$2.00.....Small.... \$1.00

Soup or Pie of the Day..... \$0.50

Sandwich of the Day..... \$1.50
half sandwich..... \$0.75

Grilled Cheese..... \$1.25

Beverages during all meals

Milk or Juice..... \$0.25

Coffee or Tea..... \$0.30